



MANIFEST YOUR YEAR – A PRACTICAL VISION BOARD JOURNEY FOR HEALTH, WEALTH & FULFILMENT

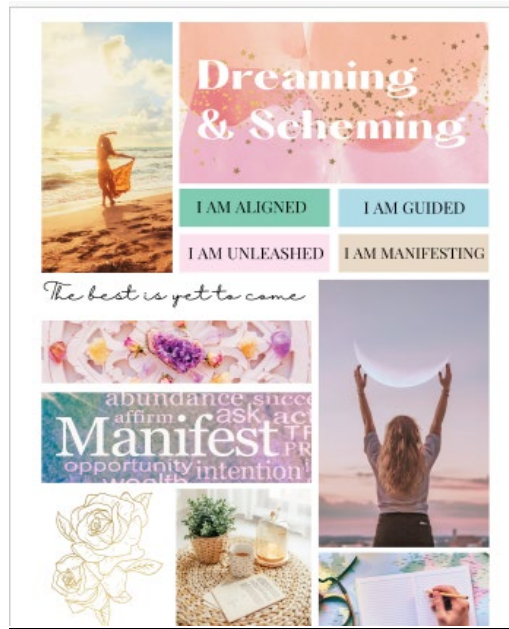
Course Outline

Manual compiled by Dr Emma Bisschoff RM WMA

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Course Content

14 PDF modules

Extras

Images (210) PDF so that you can print and cut out

Journal

Personal Growth Booklet (43 pages)

Goal Planner (25 pages)

My Dream Life Planner (378 pages)

My Dream Life Journal (73) Pages

Word of the Year Quiz (6 pages)

Word of the Year Workbook (13 pages)

This course is a sacred and practical invitation to pause, reflect and reimagine what you truly want to welcome into your life. Using the intuitive process of vision board creation, you will give form to your desires – not through pressure or perfection, but through clarity, intention and joy.

A vision board is far more than a collection of inspiring images – it is an energetic blueprint. A living declaration of what you are ready to receive, embody and create. Whether you are calling in wellbeing, abundance, meaningful work, or deeper connection – this process will gently guide you to name it and align with it.

There is something powerful about doing this work at the turning of the year. As one chapter closes and another begins, you enter a liminal space – a threshold of reflection and renewal. This is where vision takes root.

By the end of this course, you will have:

Clarified what you truly want and why it matters

Created a board that speaks to your soul and subconscious

Infused it with energy through ritual, alignment and embodiment practices

Learned how to stay connected to your vision when resistance or delay arises

You do not need to be artistic or have all the answers. You simply need to show up – open, curious and willing to dream again.

This is your moment to co-create with life – and to remember that your vision is sacred.

Module 1

Introduction – Welcome to Your Visioning Journey

Opening Ritual – Calling in the Vision

A ceremony to open your heart, clear your space and welcome what is ready to arrive

Materials Needed

Prepare Your Space

Cleanse and Centre

Anchor Your Intention

Reflect and Receive

Close with a Blessing

My Wish for You

A blessing as you begin your visioning journey

Module 2

A New Year, A New Vision

Getting clear on what you want and why it matters

The Power of Intentional Visioning

Manifestation begins with meaning

Identifying Your “Why” for This Year

Creating from purpose, not pressure

Releasing What No Longer Aligns

Clearing space for what is truly meant for you

Module 2.1

Preparing the Inner Space

A soft beginning before you write your vision into form

A welcome into the journaling process

Grounding Meditation

I am ready to listen

When You Feel Ready

Move to Module 2.2 to begin your journaling journey

Module 2.2

Vision Board Journaling Workbook

Sacred Preparation

Clearing the Clutter

Listening to the Heart

Calling In Your Vision

Soulful Prompts

Reflective Questions

Heartfelt Invitations

Clarity Pages

Desire Mapping

Values Check-In

Your Vision Statement

Closing Words

Module 3

The Pillars of a Balanced Life

Mapping the 8 areas to include on your vision board

Health

Your body is your home

Wealth

Your relationship with abundance

Love

Romantic relationships, partnerships and self-love

Career

Your work, gifts, and contribution

Family

Healing, connection and chosen family

Spirituality

Sacred connection, stillness and inner guidance

Growth

Emotional maturity and becoming more of who you are

Lifestyle

Home, rhythm, rest and joyful living

How to Set Practical Yet Heart-Aligned Goals

Honoring your deeper desires while making them real

Guided Life Assessment Wheel

Exploring the balance within your current life landscape

Module 4

Letting Desire Be Sacred

Giving yourself permission to want what you want

Meditation – Honoring the Sacred Flame of Desire

Create your setting

Enter with breath

Feel into the desire

Meet your resistance

Expand the field

Close gently

Reframing Manifestation as Co-Creation, Not Control

Opening to receive rather than striving to force

Affirmations and Inner Permission-Setting Practice
Speaking truth to the subconscious and allowing yourself to receive

Module 5

From Clarity to Keywords
Translating your goals into clear and magnetic language
Why This Step Matters
How to Choose Your Keywords
Turning Keywords into Intention Statements
Preparing for Image Selection
Keywords, phrases and declarations that activate your board
Breathing life into your vision with language that speaks to the soul
Why Language Matters in Energy Work
Types of Language to Weave into Your Board
Where and How to Place Them
Infusing Your Words with Energy
The Energetics of Phrasing
Why how you word your intention matters – and how to make
language work for your subconscious field
“I Want” – the Energy of Longing
“I Am” – the Energy of Embodiment
“I Choose” – the Energy of Empowerment
Other Empowered Phrase Structures
Why Tense and Tone Matter
The Power of Resonant Language

Module 6

Gathering Your Tools
Your Tools Are Invitations, Not Rules
Essential Supplies for Vision Board Creation
Choosing Between Digital or Physical Boards
Digital Vision Boards
Pros of Digital Vision Boards
Things to Consider
Creating a Digital Board
Recommended Tools
Physical Vision Boards

Pros of Physical Vision Boards
Things to Consider
Creating a Physical Board
Optional Additions for Extra Magic
Blessing Your Space and Tools

Module 7

Building Your Board
Creating your vision board with purpose and joy
Approach the Creation with Sacred Energy
Creating Your Board – Step by Step
What Makes a Powerful Vision Board
Let the Creation Be Enough
Placement, Flow and Visual Storytelling
Letting the arrangement speak to your soul's path
Let Your Vision Flow, Not Crowd
Honoring spaciousness, rhythm, and the energy between things
Storytelling Through Symbol and Sequence
Placement with Intention
Let It Speak Back to You
You Are the Storyteller
Central Image, Directional Flow and Personal Anchors
Shaping the energetic heart of your vision board
Directional Flow – Letting the Energy Move
Personal Anchors – Symbols of the Real
Let the Heart Lead
Integrating Quotes, Symbols or Spiritual Elements
Infusing your board with soul-language and sacred resonance
Quotes – Whispered Reminders of Truth
Symbols – The Hidden Language of the Soul
Spiritual Elements – Blessing the Field of Creation
Placement – Let the Energy Guide You
Closing the Creation

Module 8

Activating the Board
How to charge your board with energy and intention

What Does It Mean to Activate a Vision Board?

Rituals to Energize Your Board

Breath and Presence Ritual

Candle Blessing Ritual

Sound Activation

Anointing Ritual

Writing and Sealing Your Declaration

Completion and Integration

Visualization and Embodiment Practices

Bringing your vision board into the body, breath and energy field

Why Visualization Matters

Daily or Weekly Visualization Practice

Embodiment – Feeling the Vision in the Body

Optional Guided Practice

Why Embodiment Supports Manifestation

Anchoring the Board in Your Daily Energy Field

Letting your vision live with you, breathe with you, walk beside you

Simple Daily Anchoring Practices

Energetic Placement and Visibility

Tuning Your Frequency

You do not need to do this perfectly

Module 9

Daily Alignment for Manifestation

Keeping your vision alive without pressure

Sacred Repetition – Small Rituals that Matter

Here are gentle ways to stay aligned

Letting Go of Pressure

Your Vision is Already in Motion

5-Minute Daily Practices to Stay Connected

Simple rituals to nurture alignment, energy and intention

Morning Soul Whisper

Begin with alignment, not agenda

Image Gazing with Intention

One image – one feeling – one breath

Affirmation Activation

Speak the vision into form

Candle and Centering Moment

A ritual breath to return to clarity

Evening Gratitude and Glimpse

Close the day in quiet celebration

Sacred Consistency, Not Perfection

Using Affirmations, Mirror Work and Micro-Actions

Building trust with your vision through words, embodiment and small sacred steps

Affirmations – Speaking the Reality into Form

Mirror Work – Becoming the One Who Believes

Micro-Actions – Making the Vision Tangible

When These Three Meet

Making Your Board a Lived Frequency, Not a Forgotten Poster

Weaving your vision into the rhythm of daily life

Let It Be Seen

Let It Be Felt

Let It Guide Your Choices

Let It Grow With You

A Living Board Holds Living Power

Module 10

Resistance and Delay

Working with Resistance and Delay

When things do not manifest on your timeline

Understanding Resistance

Delays as Initiations

The Energetics of Surrender

Sacred Action in the Meantime

Common Emotional Blocks: Fear, Doubt, Impatience

Meeting the inner protectors that cloud your vision

Fear – The Voice of Protection

Doubt – The Questioning Mind

Impatience – The Push for Proof

Letting These Emotions Walk Beside You

Realignment Rituals for When Energy Dips
Gentle ways to return to center when the path feels foggy
Breath as Anchor – A 3-Minute Reconnection
Light a Candle – Rekindle Inner Fire
Return to the Board – With New Eyes
Realignment Bath or Shower Ritual
Journaling Prompt – A Question to Reopen the Flow
Sacred Sound – A Shift in Frequency
A Final Whisper
Trusting Divine Timing Without Giving Up
Letting go of the clock while staying rooted in your yes

Module 11

Review, Reflect, Renew
Tracking progress and staying open to upgrades
Review
Reflect
Renew
When to Update or Create a New Board
Visioning as an ever-open portal, not a once-a-year event
Closing Ritual and Celebration
Sealing the journey with gratitude, joy and energetic completion
Acknowledge your journey
Read your board aloud
Write a blessing
Celebrate

Module 12

Vision Board Gatherings
Sharing the magic with others
Why Host a Vision Board Gathering?
Planning Your Gathering
Suggested Flow for the Event
Welcome and Opening Circle
Vision Board Creation Time
Sharing and Witnessing
Closing Ritual

Materials Checklist for the Host
Optional Additions

Attunement

Wish Alignment Activation – Value \$150 / R2 486

Founder: Senay Yildirim

Wish Alignment Activation is an energy system that supports the alignment of your wishes with your higher self and soul path. It helps clear energetic blockages, doubts, or internal contradictions that may be preventing your desires from manifesting. By activating this energy, you strengthen the coherence between your thoughts, emotions, and actions - enhancing clarity, intention, and the vibrational frequency of your wishes.

This system is ideal for those who feel scattered, unsure, or blocked in their manifestation journey. It brings the energy field into harmony with one's soul-aligned desires and fosters a state of inner readiness to receive.